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SOS
810 N. Silver St
Silver City, NM 88061

575-956-6131
575-956-6947

McAllister, Mark
ID: 1000010734998 DOB: 1/25/1976
Progress Note (Non-Rx) (SOS)

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4/17/2023

11:07 AM

Service Location

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CLINICAL STATUS:
Mark presents as stable. No psychiatric complaints are today expressed. Improvement is today apparent.

RECENT HISTORY:
Continued anxiety-related symptoms are reported by Mark. Those anxiety-related symptoms are today described as unchanged. Mark is experiencing chronic homelessness, he has been residing in motel rooms since being evicted from his last home within the year. Mark is searching for suitable housing but not having luck securing. Mark is working on his recovery, and is struggling to maintain sobriety. Mark is impaired in the functional domains of independent living, socializing and recreation.

BEHAVIOR:
Compliance with medication is irregular. Self-care skills are intact and unimpaired. His ability to do domestic tasks is impaired and assistance is needed. He is having to force self to perform domestic tasks. He is socially isolated. He marginally functions at work. Substance use has not increased and is not excessive. His anger is partially controlled. There have been fewer instances of impulsive behaviors, but some are still occurring. Mark's food and water intake is normal. Mark is sometimes confused. Mark has difficulty falling asleep.

VERBAL CONTENT OF SESSION:
Mark discussed problems he is having at work in today's session. Mark was provided emotional support as he vented about changes to his work schedule with current employment. Mark is upset and asked open ended questions to assess the current situation and get a better understanding of why his hours have been shortened at work. Mark is worried about being able to transition into suitable housing without the income. Mark is working through interpersonal changes he has been experiencing, he is also planning on looking for another job opportunity part-time. Mark will be continued to be met with.

THERAPEUTIC INTERVENTIONS:
Mark was encouraged today to ventilate his feelings. The sources of certain of his feelings were explored with Mark, using open-ended questions, reflection, and rephrasing. Used Motivational Interviewing to explore the situation.

MENTAL STATUS EXAM: Mark appears downcast, attentive, communicative, well groomed, and anxious. He exhibits speech that is normal in rate, volume, and articulation and is coherent and spontaneous. Language skills are intact. Signs of mild depression are present. He appears downcast. There were no signs of psychotic symptoms this session. He denies having suicidal ideas. Homicidal ideas or intentions are denied. Cognitive functioning and fund of knowledge are intact and age appropriate. Short- and long-term memory are intact, as is ability to abstract and do arithmetic calculations. This patient is fully oriented. Vocabulary and fund of knowledge indicate cognitive functioning in the normal range. Insight into

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